

counselor referred me to a psychiatrist, who immediately put me on an antidepressant.

At first I did seem to feel better, but as time went on I still struggled to love my husband and children, still lacked the joy that I so desperately craved, and experienced constant frustration and anger. I began to wonder if the medication had stopped working, and decided to stop taking it when my prescription ran out. That's when I discovered [that sudden withdrawal is a bad idea]. The severe headaches, body aches, cold sweat, and nausea that left me bedridden had me on the phone with the doctor begging for another prescription. After beginning the medication again, I felt as though I were trapped on a merry-go-round that wouldn't stop to let me off. It seemed as if I couldn't live with the medication, but I couldn't live without it either.

In the months that followed I began pouring out my heart to the Lord. This time I didn't ask Him to make the pain go away. Instead, I asked Him what I was missing. He used the truths in Scripture to remind me of who I am in Christ. I was reminded that I was fearfully and wonderfully made (Psalm 139:14), and that His grace and power were sufficient to overcome my weaknesses (2 Corinthians 12:9).

Eventually I came to see that my "disease" was not in my brain, as my counselor suggested. Rather, it was in my heart, and the Bible defined it as sin. My problem did not originate with an imbalance in my brain's chemistry; it originated with wrong, sinful thinking that led to wrong, sinful actions. When I began to acknowledge my weakness (2 Corinthians 12:10), trust not in my own understanding (Proverbs 3:5), take my thoughts captive (2 Corinthians 10:5), and turn from my wicked ways (2 Chronicles 7:14), I began to experience what no amount of medication could give me—joy in the Lord despite my outward circumstances!

At times I still struggle with feelings of sadness and hopelessness. But I also know that nothing in this life is too big for God's grace to cover. When my mind is fixed upon this unchanging, objective truth rather than my own changing, subjective feelings, the joy of the Lord is truly my strength (Nehemiah 8:10). It is then that I can see the challenges of each day not as circumstances that threaten to crush me, but as opportunities that allow me to experience more of God's faithfulness.

Testimony from:

.. Laura Hendrickson's book, .  
Will Medicine Stop the Pain?  
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Dr Laura Hendrickson: Author

## Central Mountains Baptist Church

# FEBRUARY 14, 2021

### Kei's Story

When I [became depressed], I was a stay-at-home mom of three young children, had a beautiful home, my husband had a great job, and we were both active in our church. From all appearances my life was picture-perfect. But inside, I felt as though I were dying. Responsibilities that other women fulfilled with ease were much more difficult for me. And feelings of sadness and hopelessness always accompanied me throughout the day.

My husband worked long hours, and I spent those hours longing for him to come home. Sadly, my craving his company had much more to do with the help that I desperately wanted rather than a desire to spend time with him. On days when he arrived home even a few minutes late, I became bitterly angry and disappointed. This put tremendous stress on our relationship, and he soon dreaded coming home at all.

As the turmoil in our home increased, so did my feelings of hopelessness. Nothing in my life made sense. I was confused and angry that God was refusing to answer my prayers to make the pain go away, and I began to believe He was punishing me for the sinful life I lived before becoming a Christian.

I didn't consider suicide, but I did wish I could just go to sleep and not wake up again. My husband became concerned and asked if I was willing to see a counselor with him. Although I felt sure that I was beyond help, I reluctantly agreed.

The counselor immediately diagnosed me as having severe depression. At last I felt maybe I wasn't such a bad person after all—I had a disease! The



Dr Laura Hendrickson: Author



# Heart Song

## Emotional Health

Comments on emotions:

(Isaiah 53:3) He is .. A Man of sorrows and acquainted with grief. ...

(Mark 3:5) And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other.

(John 12:27) "Now My soul is troubled, and what shall I say? 'Father, save Me from this hour'? But for this purpose I came to this hour.

(Mark 6:50) for they all saw Him and were troubled. ..."

(Ephesians 4:31) Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

(Matthew 5:22) But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. ...

(Ephesians 4:32) And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

(1 Peter 5:6) Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, (1 Peter 5:7) casting all your care upon Him, for He cares for you.

(Philippians 4:6) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; (Philippians 4:7) and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

(Philippians 4:4) Rejoice in the Lord always. Again I will say, rejoice!

(Philippians 4:5) Let your gentleness be known to all men. The Lord is at hand.

(Matthew 12:34) ... out of the abundance of the heart the mouth speaks.

Psalm 100 models 3 ways to find emotional health:

### 1. Choose \_\_\_\_\_,

(Nehemiah 2:1) And it came to pass in the month of Nisan, in the twentieth year of King Artaxerxes, when wine was before him, that I took the wine and gave it to the king. Now I had never been sad in his presence before. (Nehemiah 2:2) Therefore the king said to me, "Why is your face sad, since you are not sick? This is nothing but sorrow of heart." So I became dreadfully afraid,



### 2. Find \_\_\_\_\_,

(1 Timothy 6:20) O Timothy, keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called: [KJV]

(Hebrews 11:3) By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible.

(Psalms 23:1) .. The LORD is my shepherd; I shall not want.

(Psalms 23:4) .. Your rod and Your staff, they comfort me.

(Psalms 23:6) Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

(John 10:11) "I am the good shepherd. The good shepherd gives His life for the sheep.

(John 10:14) I am the good shepherd; and I know My sheep, and am known by My own.

(John 10:28) And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.

(John 16:33) These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

### 3. Be \_\_\_\_\_,

(Philippians 2:14) Do all things without complaining and disputing,

(Psalms 100:5) For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations. [translation]

